



TRAIL GUIDE

GET
OUTSIDE!

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hiking playlist
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ANDOVER VILLAGE IMPROVEMENT SOCIETY

AVIS invites use of this property from sunrise to sunset for passive recreation including hiking, skiing, and nature walks. AVIS assumes no responsibility for any injuries to persons or property to anyone using this area.

Dogs

AVIS follows the town's leash bylaw — All dogs must be on a leash at all times on AVIS land.

PROHIBITED Items or uses include any activity which diminishes or harms the natural resources or tranquility of the reservation including –

- Weapons of any type including bows and arrows – see online at avisandover.org for exceptions during deer hunting season.
- Bicycles & Motorized vehicles
- Access from Routes 93, 495, and 125
- Fires & Camping
- Alcohol
- Paintball and Airsoft
- Tree cutting, including gathering and piling of branches, brush, & logs
- Plant collecting
- Littering
- Dumping of any kind, including leaves, grass clippings, and brush
- Repeated violations of the Rules may result in prohibition to use AVIS properties.

For further information, look online at avisandover.org

About Us:

Founded in 1894 as The Andover Village Improvement Society, AVIS is one of the oldest land conservation organizations in the country.

AVIS manages more than 30 reservations comprising more than 1,200 acres in the Town of Andover. It relies on a corps of volunteers to lead the organization and to provide maintenance of its recreational trails and stewardship for the land and its wildlife habitat. Donations from community members and grant sources provide the funds to acquire, protect and manage its reservations.

LAND ACKNOWLEDGEMENT

We acknowledge that AVIS reservations are located on the ancestral land of the Pennacook, Pawtucket, and other Indigenous people, which was their home for more than 10,000 years. We honor the land we manage and all the Indigenous people who were here before, are here now, and will be here in the future. We recognize that we are all guests on this land and are mindful of our impact. With this acknowledgement, we commit to continuously care for this land, using sustainable practices to protect the environment and provide stewardship for the ecology and habitat of AVIS reservations.

Contact :

The Andover Village Improvement Society

P.O. Box 5097, Andover, MA 01810

members@avisandover.org

avisandover.org





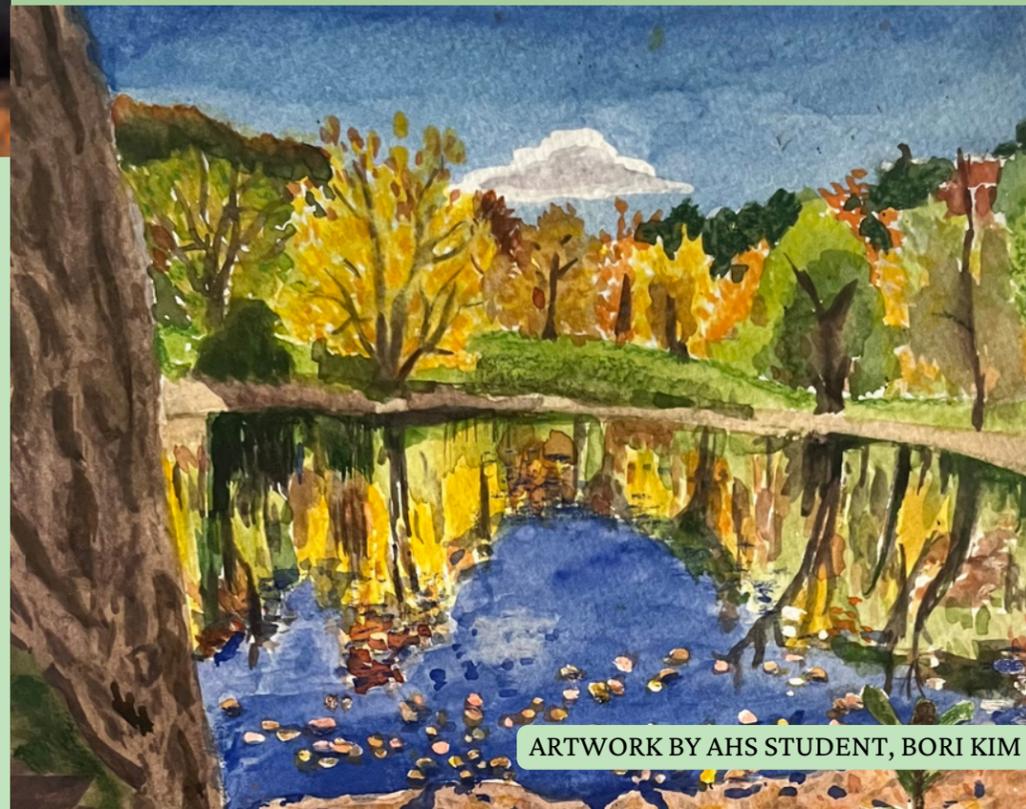
THE IMPORTANCE OF THE OUTDOORS

"I felt my lungs inflate with the onrush of scenery- air, mountains, trees, people. I thought, 'this is what it is to be happy'"
- Sylvia Plath

Nature is a healthy way to cope with the stress of real life. In a society where the majority of the population work indoors, exposure to the benefits of nature are limited. Getting outdoors can contribute to physical wellness, mental wellness, and wellness in communities. According to Michelle Kondo, a research social scientist with the USDA Forest Service's Northern Research Station, "Wellness is wholistic in that it is comprised of physical and mental health as well as the health of our communities...All of these benefits add up and reduce adverse impacts on our bodies, and have restorative characteristics. So get outdoors and enjoy nature's gift of wellness".

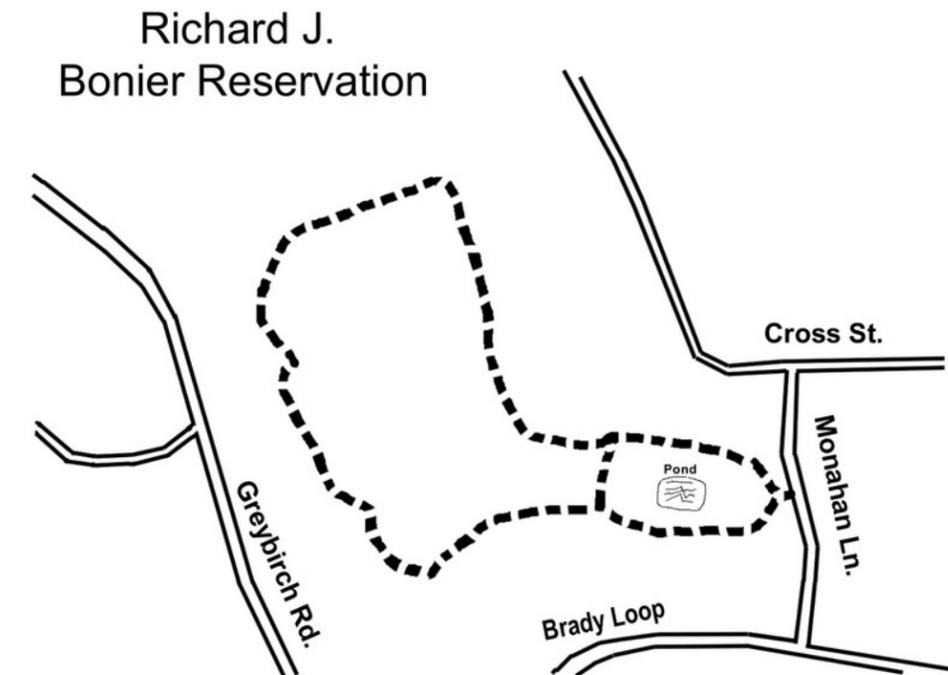
Bonier Reservation

"AVIS manages its reservations to protect native habitat and provide opportunities for the public to experience, enjoy and learn about nature through passive recreation."



ARTWORK BY AHS STUDENT, BORI KIM

BONIER RESERVATION MAP



Features:

This forest is preserved through the care and foresight of Dick Bonier and his family. This loop trail is filled with contrasting textures: the moist soil underfoot, the mosses and ferns along the trail, the shaggy shagbark hickory bark, the smooth gray "muscles" of the ironwood trunks, and the delicate curls of birch bark. The dying white ash trees along the trail show damage from the Emerald ash borer, an invasive insect that is killing ash trees across the country. As you look, you'll see that woodpeckers have peeled back sections of bark, exposing the bore-holes that these insects leave behind. Dying trees create an opening in the tree canopy, allowing more light to reach the soil and begin the cycle of regrowth.

History:

Once apart of the historic Bailey Farm said to encompass 700 acres along the Merrimack River. This 28-acre property was given to AVIS in 1983 by Helen Collins Dooley in memory of her parents, Joseph Morris Collins and Margaret Scannell Collins, and her grandparents, Morris Collins and Mary Schofield Collins.